



177TH FIGHTER WING JERSEY DEVILS



SAFETY AND HEALTH NEWSLETTER

MAY 2002

The 101 Critical Days of Summer

The Countdown Begins

On your mark, get set, go!

The clock is ticking and in a few seconds the Memorial Day weekend will begin. It's time to pack up the family and put as much distance as possible between you and home. To save on time you call ahead and have them waiting by the curb with a cup of Joe and their bags packed.

The mission... Go, go, go.

If this sounds too frantic consider calling a few buddies to get up a game of softball or basketball. How about a day on the water? Off-road driving anyone? Heck, if you play your cards right you may be able to fit it all in.

But hold on! Is this the way to start the first holiday weekend of the summer?

Many do, with deadly results. So many people are killed in the period beginning Memorial Day weekend through Labor Day weekend that it has come to be called "The 101 Critical Days of Summer".

They started out just like you're planning to do but something went terribly wrong and their summer liberty was extended permanently.

If you don't want to be a statistic take action now.

- Think about control options.
- Delay that long drive home until you're rested.
- Don't overdo it on the softball field or basketball court.
- Conditioning is essential, stretch before and after play.
- Maintain proper speed and following distance and don't forget to buckle up.
- If road or weather conditions change, making it unsafe to drive, pull over and relax.
- Alcohol may keep the pain away but only until you sober up.
- Before boating, take that safety course. Ensure all required safety equipment is aboard. Wear your PFD (personal flotation device). Before you set out to conquer the off-road trail ensure your equipment is in good condition and wear all the required PPE.

Remember the old saying; you can lead a horse to water but you can't make him drink. The same holds true for risk management training. You've had the training and know the drill so now it's time to apply what you've learned. Manage the risks and take the word "Critical" out of the **101 Days of Summer!**

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If you have any safety related topics you would like to see in our publication or have any questions that we can help with, please contact the Wing Safety Office at 6013 or e-mail at Robert.Fusco@njatla.ang.af.mil

7 MINUTE SAFETY TALK

UNCOVERING POTENTIAL ACCIDENTS-BEFORE THEY HAPPEN

Every 18 seconds, someone somewhere in the United States is injured on the job. You can avoid being an accident statistic-if you know what to look for and take the time to observe your workplace surroundings.

Many workers follow safety rules but don't make a safety a daily routine. They haven't developed the habit of identifying hazards and taking responsibility for workplace safety and health. Workers must develop a "safety mind-set" so that hazard identification becomes second nature.

KNOWING WHAT COULD HAPPEN

The key to hazard identification, and accident prevention, is simple: Before you start any task, think about *what could go wrong*, then *take action to avoid the hazard*.

Workers must apply this rule every hour of every workday to substances, equipment, procedures and situations. It's particularly important for new workers, or experienced workers on new jobs or equipment.

Here are some questions that workers should be asking themselves on the job:

- Could something in the area make the chemical I'm working with catch fire or explode?
- Does the chemical produce vapors that could be toxic?
- Could something in the work area make a person slip, trip, or fall or have something fall on them?
- Is an emergency exit, aisle or stairway blocked?
- Is a tool or machine not working correctly?

This list of questions could go on; the point is to *look* ahead to what you are doing or where you are going to *think* about what could go wrong; and *act* to prevent the worst-case scenario from happening.

BEWARE OF THE OBVIOUS

Many hazards are so obvious that they can be ignored:

- Material or electrical cords on the floor
- Open drawers or cabinet doors or tools hanging off a work surface
- Loose flooring or carpeting, wet floor or holes or cracks in floors
- Overloaded electrical circuits, live wires or electrical equipment
- Open containers of chemicals or flammable scrap
- Lack of ventilation

IDENTIFYING UNSAFE ACTS

Hazard identification extends to unsafe acts as well as unsafe conditions. Workers must ask co-workers acting unsafely to shape up, too, if they are:

- Improperly handling material or machinery.
- Skipping steps in a process or procedure.
- Running instead of walking.
- Engaging in horse play or carelessness.
- Being inattentive or abusing drugs or alcohol.

CORRECTING THE HAZARDS

Hazard identification is valuable only if it is followed by corrective action. Even if another worker causes the hazard, workers must take the responsibility on themselves to either correct the hazard, report it to a supervisor or call the Wing Safety Office at 6013.

Workers must be encouraged to report hazards without fear of recrimination. Emphasize to everyone in the workspace that hazards put everyone's personal safety and health risk.

Back Injury Prevention

Why Protect Your Back?

POINTS ABOUT BACK INJURY

- ⇒ Twice as many back injuries can occur at home then in the workplace.
- ⇒ Back Pain is one of the most common health problems in America.
- ⇒ Around 80 percent of the population can expect to have back Pain at some time in their lives.
- ⇒ Remember, back problems can bring more pain and life-style change than almost any other forms of injury. **Protecting your back is a 24-hour-a-day job.**

Causes of Back Pain

- ⇒ Poor body mechanics, the way your entire body adjusts to keep its balance as you move and rest. You upset your body mechanics if you move or lift heavy objects incorrectly, carry or lift something too heavy, sit or stand in an unnatural position, or twist your body abruptly or awkwardly.
- ⇒ Weak, under-exercised muscles rob the back of support. Poor muscle tone also makes the muscles more likely to be injured when they are stressed.
- ⇒ Extra body weight often settles in abdomen and hips, and strains the back by exaggerating the curve of the lower spine. The more weight, the deeper the curve: just 10 pounds of extra weight in the abdomen, even pregnancy, can equal 100 pounds of pressure on the spine.
- ⇒ Wearing high heels affects posture and can cause back pain. Standing or walking in high heels deepens the curve in the lower back, forcing the bottom of the pelvis to tilt backward to keep the body in balance.
- ⇒ Improper diet makes the back more vulnerable to injury, especially if you don't get enough calcium (for strong bones in the spine) and protein (for strong muscles and ligaments). Lack of sleep can rob strength from every part of your body, including your back.

IMPROPER LIFTING IS A MAJOR CAUSE OF BACK INJURY

Here are some principles and techniques that should be used all the time at times whether at work, at home or at play.

THE BASIC PRINCIPLES OF LIFTING ARE:

- ⇒ Analyze the work to be done.
- ⇒ Make sure you ask for help with heavy work or use lifting equipment if available.
- ⇒ Distribute weight to be carried as evenly as possible.
- ⇒ Push heavy objects rather than pull.
- ⇒ Keep objects to be carried close to your body.
- ⇒ Maintain a wide base of support and secure grip.
- ⇒ Tighten abdominal muscles, time and coordinate lift.
- ⇒ When turning, pivot with feet and avoid twisting body.

NOTE: Always check around your work area before lifting or carrying materials for obstacles that could cause you to trip or fall.

Specifics:

Over the years, you have heard that bending knees and keeping the back straight will prevent back injuries. This is not true. Lifting should be accomplished much in the same way that a weight lifter does. When lifting the knees and hips should be fully bent and the lower back locked inward. In this position the weight is as close to the body as it can be. The head and shoulders must come up first. This is important in order to help maintain the inward curve during the entire lift. The maximum amount of stress will be placed on the lower back as you begin the lift. Keeping the lower back locked in its normal inward curve allows the stronger leg and hip muscles to perform the lift protecting the back from injury.

CPSC, Fisher-Price Announces Recall for In-Home Repair of Infant Swings

WASHINGTON, D.C. - In cooperation with the U.S. Consumer Product Safety Commission, (CPSC), Fisher-Price, of East Aurora, N.Y., is recalling about 42,000 Smart Response Swings for in-home inspection and repair. It is possible to mis-assemble the seats of these swings so that they appear secure, but are not. If the seat of the swing is not properly attached, the seat and baby can flip forward.

Fisher-Price has received seven reports of the seats of the swings flipping forward, including four reports of babies hitting their heads on the floor. Though bumps and red marks were reported, there have been no serious injuries.

The Smart Response Swing is an indoor infant swing for use from birth until baby can sit up unassisted. The swing operates in response to a sound sensor and plays music. The metal legs of the swing are either blue or beige, and the seat is either beige or white. The Fisher-Price logo appears on the seat's tray. Product numbers 79644, 79645 or 79647 are molded onto the back of the seat.

Discount department and juvenile product stores nationwide sold these swings from December 2001 through March 2002 for about \$70.

Consumers should stop using swings immediately and call Fisher-Price for help in inspecting the seat to make sure the seat is properly attached. If the seat is not properly attached, a free replacement seat and revised instructions will be provided. For more information, call Fisher-Price at (800) 942-5912 anytime, or visit the firm's web site at www.fisher-price.com.

CPSC, DeWALT Industrial Tool Co. Announce Recall to Repair Circular Saws

WASHINGTON, D.C. - In cooperation with the U.S. Consumer Product Safety Commission, (CPSC), DeWALT Industrial Tool Co., Baltimore, Md., is voluntarily recalling about 55,000 heavy-duty, lightweight circular saws. The spindle on the saw may slip, causing the blade to contact the lower guard, posing a hazard to the consumer from an exposed blade.

DeWALT received one report of the blade slipping. A consumer received minor scratches to his hand after his spindle slipped.

The recall involves 7 1/4-inch circular saws with the model numbers DW368, DW368K, or DW369CSK. The model number is located on a black label near the handle of the saw, or on a yellow sticker attached to the carrying case. The saws have date codes 200128-F through 200152-F stamped on the bottom of the motor case. The housing is yellow and the word "DeWALT" is printed on the upper blade guard.

Home centers and hardware stores nationwide sold the circular saws from July 2001 through December 2001 for between \$120 and \$135.

Consumers should stop using the circular saws immediately and return them to the nearest DeWALT service center for a free repair. For more information or to locate the nearest service center, consumers should contact DeWALT toll-free at (888)839-3559 between 8:00 a.m. and 4:30 p.m. ET Monday through Friday. Consumers also can visit the firm's web site at www.DeWALT.com.

No other DeWALT circular saws are involved in this recall.

For more information on the current or any past recalls visit CPSC's homepage at <http://www.cpsc.gov/>

HAZARD
ALERT